

## Identifying risk factors for marriage stability in Iranian culture

Kiani A.<sup>1</sup>, Navabi Nejad SH.\*<sup>2</sup>, Ahmadi KH.<sup>3</sup>, Taghvaei D.<sup>4</sup>

### Abstract

**Introduction:** Marriage is one of the most important and basic human relationships and is the first unit for family relationships and the upbringing of the next generation. On the other hand, ignoring risk factors reduces the well-being of couples and increases marital conflicts. For this reason, the aim of this study was to identify the risk factors for marital stability on 318 married people in Tehran.

**Methods:** This study was of mixed type (qualitative-quantitative) and in the qualitative part of the content analysis approach and reviewing sources and literature of the last ten years and in the quantitative part of the data collected using descriptive method and Pearson correlation and confirmatory factor analysis using software AMOS24 were analyzed. The members of the sample group were selected based on the input criteria and by available sampling.

**Results:** The results show that the risk checklist items of marriage that were identified in the qualitative section and the acceptable ability to assess cultural, social and economic factors and components, family of origin, personality, intellectual adequacy, financial skills, sex / marriage, skills They have communication and issues of childbearing and child rearing

**Conclusion:** Better understanding of the risk factors in a stable marriage can both help to form a lasting and satisfying relationship and prevent individual and social harms, especially the problem of divorce in society. Therefore, the results of this study can be useful for experts and counselors in the field of marriage and family.

**Keywords:** Iranian culture" marriage stability" risk factors

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<sup>1</sup> -PhD Student in Counseling, Department of Counseling, Arak Branch, Islamic Azad University, Arak, Iran: [a\\_kiany\\_m@yahoo.com](mailto:a_kiany_m@yahoo.com)

<sup>2</sup> - (corresponding author) Professor of Counseling Department, Faculty of Psychology and Educational Sciences, Kharazmi University, Tehran, Iran, and Professor of Counseling Department, [navabinejad93@gmail.com](mailto:navabinejad93@gmail.com), Islamic Azad University, Arak, Iran

<sup>3</sup> -Professor of Behavioral Sciences Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran. [kh\\_ahmady@yahoo.com](mailto:kh_ahmady@yahoo.com)

<sup>4</sup> - Associate Professor, Department of Psychology, Arak Branch, Islamic Azad University, Arak, Iran. [davoodtaghvaei@yahoo.com](mailto:davoodtaghvaei@yahoo.com)

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## **Introduction:**

The philosophy of creation is based on sufficiency and marriage, and marriage is also based on sufficiency (1). Marriage, as the most important and highest social tradition, has always been emphasized to achieve the emotional needs of individuals, and the main reasons for marriage are love and affection for a partner in life, satisfying emotional-psychological needs and increasing happiness and contentment (2). Marriage is one of the most important and basic human relationships and is the first unit for family relationships and nurturing the next generation. On the other hand, the sub-system of spouses provides a model for children from which marital interaction learns intimacy and marital commitment. If this system is sufficient, it provides the conditions in which spouses experience intimacy, mutual growth and personal growth (3).

On the other hand, today, marriage is considered a serious concern for young people, and deciding on this vital issue requires comprehensive attention to its multiple dimensions. Therefore, it is necessary to prevent conflicts and marital problems by identifying the risk factors and strengthening marriage by emphasizing local and cultural criteria. It is clear that ignoring this need and necessity will affect the family life cycle of individuals and will lead to important socio-economic and demographic changes (4), including increasing divorce rates, female-headed households, increasing poverty. cited. On the other hand, the spread of various social and moral deviations and the formation of new patterns of sexual relations in society, as well as the increase of cohabitation in the world and in Iran can be considered as a serious threat to youth and families.

The high and worrying divorce rate, although a global crisis, but the divorce rate in Iran is not in any way beautifying the Islamic Republic of Iran and is considered a serious warning for those involved and cultural authorities and requires more attention from experts and consultants. The country's civil registry shows that in 2008 one divorce was registered for every 8 marriages, which in 2018 this number has decreased to 1/3 of one divorce, which is a worrying statistic for our country. Also, the general divorce rate has increased from 1/5 in 2008 to 3/1 per 100000 population in 2018, which is still worrying (5). It is also important to note that the factors affecting a successful marriage are different in different cultures. The fact is that the formation of a successful marriage cannot be far from cultural and ethnic effects and culture is one of the most important factors influencing the processes and consequences of marital relationships Lays. It is noteworthy that intercultural studies have sometimes reported different results (6). Therefore, the results of research on different cultures cannot be generalized to each other.

Of course, many studies in the field of family focus on the factors of couple dissatisfaction, predicting family instability and couple relationships. For example, Ghezelsofloo (7) has studied the predictors of instability of marriage or Akhavi Samarin (7) has examined the underlying factors of divorce. 80% of divorced men and women have been the cause of separation and failure.

In another study, Reihani (9) entitled Predicting Marriage Instability Based on Emotional Regulation Skills and Identity Styles, showed that informational identity style, normative identity style and emotional adjustment skills were significantly negatively related to marital instability and confused / avoidant identity style was related to marital instability. They have a positive meaning. In another study conducted by Zareaan(10) entitled meta-analysis of the causes of divorce in Iran and the presentation of cultural strategies to deal with it, the results showed that the average effect size of individual causes ( $r=0.398$ ) structural causes ( $r=0.382$ ) Selective causes ( $r=0.353$ ) Causes from family and friends ( $r=0.358$ ) Social causes ( $r=0.393$ ) and communication causes between couples ( $r=0.438$ ) which has the highest average The size of the work is and according to Cohen's table this size of the work is close to large

Akbari (11) has also divided the risk factors of marriage into two categories of hardware and software. Cheng (12) also conducted a study with the aim of studying intracultural conflicts and marital satisfaction in Taiwan. The aim of this study was to investigate the effect of culture on conflict resolution and the level of marital satisfaction in inter-ethnic marriages in Taiwan.

With a closer look at the destabilizing factors of marriage and couples and the worrying increase in formal and informal divorce statistics, the question arises as to whether the most important risk factors for couples' stability can be used to help young people make decisions when it comes to marriage and choosing a spouse. And did it determine people's satisfaction in living together? According to what has been said, the present study seeks to identify the risk factors of marriage in a mixed method to facilitate stable marriage and the duration of the relationship between Iranian couples to help reduce the damage caused by tensions and family conflicts and also provide useful tools for counselors and psychologists. And provides other professionals in the field of family and marriage so that they can work more effectively and professionally in helping to increase the well-being of couples and reduce social harm.

### **Methods:**

The present research is mixed (qualitative-quantitative) in terms of development goal and research method. The researcher performed his actions in two parts: qualitative and quantitative. In the qualitative part of the research, the method of content analysis and review of sources and research literature was used. Were searched. Based on this, more than 210 articles, researches and sources related to research were reviewed and the components that strengthen and endanger marriage were extracted. Then, by forming pools, components related to the research topic were collected and the extracted data were evaluated with the opinion of supervisors and consultants. Then, all components were prepared in the form of risk factors.

In the next step, with the aim of obtaining content validity, a checklist of extracted items is a qualitative study product in the form of a checklist of items along with a questionnaire containing four demographic questions (age, gender, field of study, professional activity history) and prepared for 15 people. Sent from qualified specialists and psychologists. In the survey of family and marriage experts, the statistical population includes experts and experts who have worked in the field of family psychology and counseling. The selection of sample individuals was based on two criteria: 1- Having at least 10 years of experience in couple therapy, family therapy and marriage counseling 2- Have a PhD in Counseling or Psychology. Then, in order to index the content validity of the items, a number of items whose CVI was less than 0.70 were removed. The rest of the factors that had acceptable validity remained in the list of factors. Also, the internal consistency of each component was calculated using Cronbach's alpha coefficient, which was equal to 0.92. In the third stage, in order to compile a checklist of risk factors, a number of items were removed from the classified checklist due to duplication, semantic similarity, overlapping items, and the final checklist of risk factors for the stability of couples' relationships was compiled. The researcher's sources for presenting this classification were citing the theoretical basis, existing models and opinions of supervisors, scientific background, mentality and experience of the researcher. Table 1 refers to the classification of final factors and statements.

**Table 1 - The final checklist of categories and risk factors for the stability of marital relationships**

<b>Strengthening and risk-taking items</b>	<b>Factor</b>	<b>Category</b>
Dependence on the paternal family, involvement of parents and others, failure to regulate the relationship with the paternal family, failure to meet the emotional needs of the individual in childhood	<b>Family of origin</b>	<b>Background</b>
Influence of social and virtual media, ignoring ethnic customs, economic problems of society	<b>Cultural, social and economic factors</b>	
Depression, obsession, suspicion and pessimism, substance abuse, cyber addiction and media	<b>Personality and morality</b>	<b>Individual</b>
Long-term love and marriage, adolescent marriage, marriage to relieve family pressure, marriage to someone you did not love, drowning in a bold Fordow trait, ignoring other aspects, believing in changing behavior and traits after marriage, dissatisfaction from the appearance of the other side	<b>Rational adequacy in choice</b>	<b>Spouse selection</b>

Having sex with a spouse before marriage, having sex with a non-spouse before marriage, low sexual attraction between the parties, infidelity (having sex outside of marriage)	<b>Sexual and marital issues</b>	<b>Couple</b>
Insufficient income, job loss, no job, high working hours	<b>Financial and livelihood issues</b>	
Spouse friendship with people with unsuccessful marriages, repeated use of the word divorce in life disputes, physical conflict and domestic violence, disagreement in friendly associations, lack of relationship with relatives and friends	<b>Communication skills</b>	
Excessive attention to children, lack of spouse participation in children's affairs, lack of parenting skills	<b>Childbearing and child rearing</b>	

According to Table 1, the checklist of risk factors consisted of 4 central categories, 8 main factors and 35 items.

In the second part (quantitative part) descriptive statistics and Pearson correlation coefficient were used and statistical data were analyzed using structural equations and confirmatory factor analysis and AMOS 24 software. The statistical population of the target group in the quantitative part were married men and women of Tehran who had lived together for more than 5 years and the number of samples was 318 people. These individuals were selected from married men and women in Tehran using the available sampling method. According to experts, if the number of items in a questionnaire is more than 25 components, the sample size of 300 people is sufficient for research and analysis (13).

The study also consisted of three tools. The first tool was a researcher-made checklist, the specifications of which are given in Table 1. The second tool was the Enrich Marital Satisfaction Questionnaire and the third tool was the Marital Conflict Questionnaire, which was used as a parallel and peer-to-peer tool. In this study, the 47 -item form of the Enrich Marital Satisfaction Questionnaire has been used, which is used to examine different dimensions of marital satisfaction, which has 9 subscales. The validity of this scale has been reported as 0.95 by internal consistency method and also its reliability coefficient by Cronbach's alpha method is 0.95(14) in Iran Mahdavian (15) in working on test validity using Pearson correlation coefficient and retest method, One week apart (0.937) for men, 0.944 for women, and 0.94 for men and women). The third questionnaire was the Marital Conflict Questionnaire (MCQ), which is a 42-item tool for measuring Marital conflicts are based on clinical experience by Sanai and Barati (16). This questionnaire measures seven dimensions of marital conflicts, which are: decreased cooperation, decreased sex, increased emotional reactions, increased support for children, increased personal relationship with relatives, decreased family relationship with relatives, spouse and friends, separation Financial from each other. The scoring of the questions in this questionnaire is also

based on a 5-point Likert scale. The maximum total score of the questionnaire is 210 and the minimum is 42. In this tool, a higher score means more conflict and a lower score means a better relationship. Achieving a score of more than 115 in this questionnaire is considered as having an abnormal conflict. The reliability of this tool was obtained by Barati equal to 0.52 and by Farahbakhsh 0.69 (17). Cronbach's alpha coefficient was used which was 0.71(16).

### **Results:**

In this study, 318 participants (227 females and 91 males) with mean and standard deviation of age were present at 40.14 and 11.13, respectively. The mean and standard deviation of the age of the participants were 42.10 and 10.98, respectively. Education rate of 16(5%) participants under diploma, 40(12/6%) diploma, 18(5.7%) post-diploma, 146(45/9%) bachelor, 71(3/3)22%) had a master's degree and 27%(8.5%) had a doctorate. Also, the level of education of 32 people (10.1%) from the spouses of undergraduate participants, 66(20.8%) diploma, 25(7.9%) postgraduate, 105(33%) bachelor, 64(20.1%) had a master's degree and 26(8.2%) had a doctorate. It should be noted that the mean and standard deviation of cohabitation among the participants were 16.03 and 10.77, respectively. Finally, 71(22.3%) of the participants had no children, 82(25.8%) had 1 child, 119(37.4) had 2 children and 46(14.5%) had more than 3 children

Risk factors for couple relationships included 35 items that were assumed to consist of four underlying factors: individual, spouse, and couple. The underlying factor of the components of the family of origin (4 items) and the cultural, economic and social component (3 items), the individual factor of the personality component (5 items), the factor of choosing a spouse from the component of moral adequacy ( 5 items), the couple factor of the components There were sexual issues (4 items), financial and livelihood issues (4 items), communication skills (5 items) and childbearing / upbringing (3 items). Examination of the mean and standard deviation of the items showed that the largest mean belongs to item 20 and the smallest mean belongs to item 23. The results also showed that the skewness and elongation indices of all items are in the range of +/-2 and therefore the distribution of data related to those items is normal.

In this study, the factor structure of each of the four risk factors of couples' relationships was investigated separately using confirmatory factor analysis and AMOS24 software and maximum likelihood estimation (ML). Table2 shows the model fit indices of each of the four factors and the integrated model of the risk dimension of the couple's relationship

**Table 2: Fit indicators of the measurement model related to the four factors and the integrated model**

Unified	couple		Spouse selectio n	Individ ual	background		Fitness indicato rs
model	modified	initial	model	model	modified	Initial	
51/14	318/47	380.5 2	41.82	10.92	34.26	45.83	$\chi^2$ <sup>1</sup>
18	98	100	14	5	12	13	Df
2.84	3.25	3.80	2.98	2.18	2.86	3.54	Df $\chi^2$ <sup>3</sup>
0.96	0.901	0.865	0.963	0.978	0.971	0.963	GFI <sup>4</sup>
0.919	0.865	0.813	0.926	0.961	0.931	0.920	AGFI <sup>5</sup>
0.981	0.920	0.898	0.970	0.990	0.969	0.954	CFI <sup>6</sup>
0.076	0.084	0.096	0.079	0.061	0.076	0.089	RMSEA <sup>7</sup>

The table above shows that, unlike individual factors and spousal selection, the initial models of underlying and paired factors did not show an acceptable fit with the collected data. Therefore, the underlying factor model was modified by creating covariance between the errors of items 2 and 6 and the pair factor model was obtained by creating covariance between items 20 and 21 on the one hand and 21 and 30 on the other hand and acceptable fitness indices were obtained

For the underlying factor markers, the factor loads of the items are in the range of 0.66 and 0.81, for the individual factor in the range of 0.45 to 0.90, for the mating factor in the range of 0.55 to 0.87 and for the pair factor in the range of 0.51 to 0.89. According to Tabachink and Fidel (18), considering that the factor load of all items was greater than 0.32, so it can be said that each item had an acceptable ability to measure its latent factors

<sup>1</sup> -normed chi-square<sup>2</sup> -Chi-Square<sup>3</sup> -normed chi-square<sup>4</sup> -Goodness Fit Index<sup>5</sup> -Adjusted Goodness Fit Index<sup>6</sup> -Comparative Fit Index<sup>7</sup> -Root Mean Square Error of Approximation



The above showed that each of the components has an acceptable ability to measure the four risk factors of marital relationships. Evaluation of how the integrated model of risk factors for couples' relationships fits with the collected data was also evaluated using confirmatory factor analysis, the results of which are presented in Table 3.

**Table 3: Integrated model fit indicators of risk factors for couples' relationships**

Integrated dimensional dimension model	Fitness indicators
51/14	$\chi^2$
18	Model/ df
2.84	df $\chi^2$
0.960	GFI
0.919	AGFI
0.981	CFI
0.976	RMSEA

Table 3 shows that all fit indices support the acceptable fit of the integrated model of the risk dimension of the marriage sustainability scale with the collected data (df / 2 = 2.84, CFI = 0.981, GFI = 0.960, 0.919 = AGFI and 0.076= RMSEA). Table 4 shows the estimation of factor loads for each of the indicators of risk factors for couples' relationships.

**Table 4: Parameters of the model for measuring the risk factors of couples' relationships**

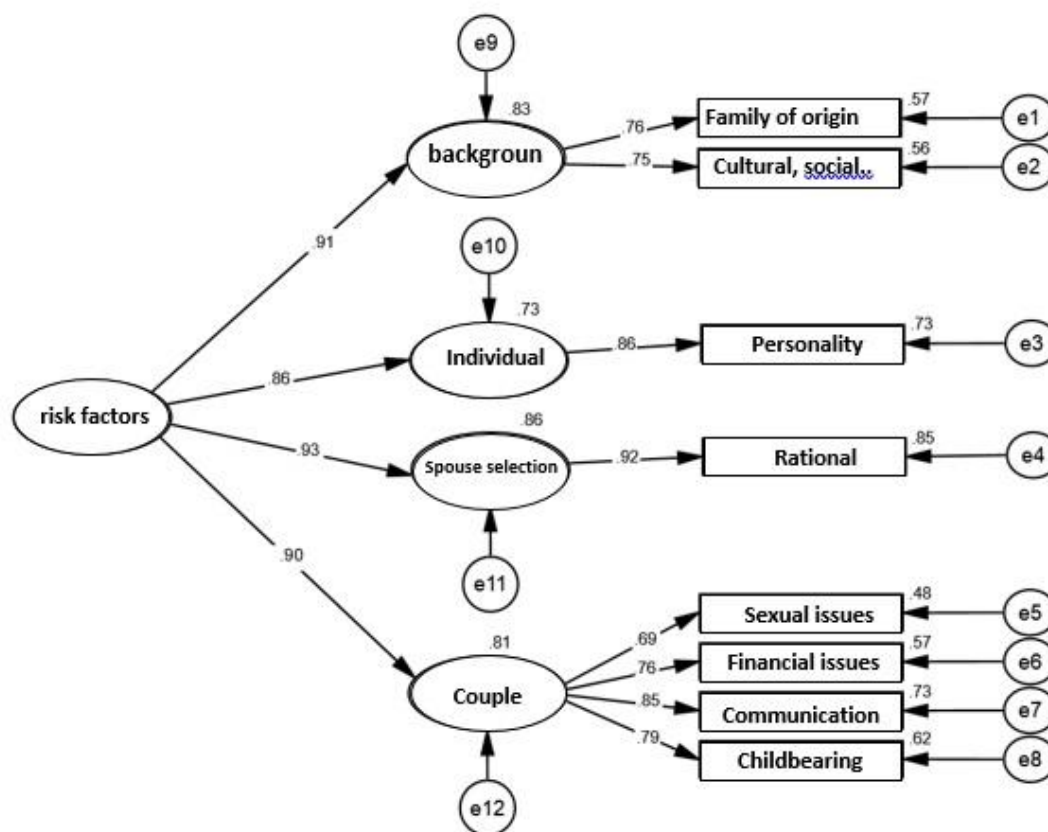
p	$\beta$	SE	b	Hidden variables - markers	Level
	0.755		1	Background – Family of origin	first time
14.39**	0.747	0.055	0.767	Background – Cultural and social ...	
	0.865		1	Individual – Personality	
	0.921		1	Spouse selection – Rational adequacy	
	0.695		1	Couple - Sexual / Marital	
12.85**	0.756	0.072	0.928	Couple - Finance / livelihood	
14.43**	0.855	0.082	1.189	Couple - Communication skills	
13.40**	0.790	0.052	0.704	Couple - Parenting	second time
	0.913		1	risk factor -Background	
16.24**	0.865	0.072	1.166	risk factor- Individual	



17.16**	0.927	0.102	1.743	risk factor - Spouse selection
13.28**	0.902	0,078	1.036	risk factor - Couple

Note: Indicators of family of origin, personality, intellectual and sexual / marital adequacy in the first order analysis and contextual indicators in the second order analysis are fixed with the number 1 and therefore standard error and significant level have not been calculated for them.

Table 4 shows that the highest factor load in the first-order analysis belongs to the intellectual adequacy indicator ( $\beta = 0.921$ ) and the smallest factor load belongs to the sexual / marital indicator ( $\beta = 0.695$ ). In the second stage of the analysis, the factor load of all factors was greater than 0.8, which indicates that both markers and latent factors have an acceptable ability to measure the risk factors for marital relationships. Figure 1 shows a model for measuring the risk factors of couples' relationships using standard data



**Figure 1: Model for measuring the risk factors of couples' relationships using standard data**

The above shows that the items on the risk scale of couples' relationships have an acceptable ability to measure the cultural, social and economic components, family of origin, personality, intellectual

adequacy, financial skills, sex / marriage and childbearing, and as the model in Figure 1 shows Each of the eight components had a high power to measure the underlying factors, individual, couple and spouse selection, and finally, these four factors created a strong factor burden on the latent variable of risk factors for couples' relationships. Then, in order to investigate the convergent validity of the scale, the correlation coefficients between the components of risk factors for marital relationships with marital satisfaction and marital conflicts were examined, the results of which are presented in Table 5.

**Table 5: Correlation coefficients between risk factors of marital relations with marital satisfaction and marital conflicts**

10	9	8	7	6	5	4	3	2	1	Research variables
									-	1. Background – Family of origin
								- 0.56**		2 . Background – Cultural and social ...
							- 0.58**	0.63**		3. Individual – Personality
						- 0.73*	0.61**	0.66**		4. Spouse selection – Rational adequacy
					- 0.64**	0.60*	0.52**	0.53**		5.Couple - Sexual / Marital
				- 0.46**	0.67**	0.62*	0.68**	0.57**		6. Couple - Finance / livelihood
			- 0.61**	0.61**	0.74**	0.72*	0.64**	0.72**		7.Couple - Communication skills
		- 0.71**	0.60**	0.55**	0.65**	0.65*	0.63**	0.65**		8 . Couple - Fertility
	- 0.08**	0.13**	0.16**	0.10**	0.14**	0.13*	0.11**	0.11**		9. Marital Satisfaction
- 0.59**	0.30**	0.35**	0.28**	0.22**	0.27**	0.33*	0.27**	0.25**		10. marital conflicts
79.83	163.39	6.53	9.96	8.67	8.11	14.05	8.87	7.06	8.23	Mean
17.16	32.07	2.28	3.59	3.17	3.71	5.20	3.63	2.52	3.25	Standard Score
0.86	0.95	0.79	0.82	0.82	0.80	0.86	0.83	0.67	0.75	Cronbach's alpha
P** <0.01										

The components in Table 3 also show that the coefficients for each of the components are close to or greater than 0.7. Therefore, the results of Table 5 show that all components of risk factors in marital relationships are positively related to the marital conflict variable at a significant level of 0.01. The above table also shows that with the exception of two components of sexual / marital and childbearing, other components of risk factors in marital relationships are negatively and

significantly correlated with the variable of marital satisfaction. Based on this, it can be said that the risk factors of couples' relationships have convergent validity. Cronbach's alpha coefficients of each component in Table 3 also show that these coefficients for each component are close to or greater than 0.7. Therefore, it can be said that each of the components of risk factors in the scale of stability of marital relations have a good internal consistency.

### **Discussion and Conclusion:**

According to the results of this study, ignoring the underlying factors, individual, spouse and couple as risk factors for marriage, both when choosing a spouse and during cohabitation can jeopardize the stability of marriage and the continuation of this neglect can lead to the collapse and separation of couples. The first risk factor identified in this study is the source family factor. Factors such as lack of differentiation, insecure attachment style, and lack of relationship with parents and others are among the risk components of the source family. This is supported by the Framu thematic relations approach and Bowen's intergenerational theory of attachment theory. Bowen (19) considers the issue of differentiation of individuals to be decisive in the stability of marriage. According to Bowen in the continuum of integration and differentiation, if integration dominates, emotional function increases, and if differentiation dominates, autonomy increases and the rationality of behavior means (20). Eftekhari and Ahmadi (21) research also showed that there is a positive and significant correlation between the strength of the main family and differentiation with marital satisfaction and adjustment. Margasinesgi (22) also concluded in his findings that couples' personality disorders are caused by unhealthy family environment and neurosis has a negative effect on marital satisfaction. In Islamic culture, the family is the most beloved human institution in the sight of God, which is based on love and affection (1). The second risk factor in the stability of marriage is the lack of attention to the cultural, social and economic factors that govern the family. The results of Ahmadi (23) Hatami Varzaneh (24) research are consistent with this study.

The fact is that personal characteristics and interpersonal relationships, parenting style, the way you look at financial issues and how to communicate with relatives and acquaintances have a significant role in marital satisfaction and marital success. It is natural that all of the above can be defined in the cultural and social context of the family, and without cultural sensitivity, the stability of marriage cannot be achieved. On the other hand, Iranian society is a society with ethnic, cultural and traditional foundations, and people's lifestyle is a reflection of social values, behavioral patterns, habits and attitudes, and a successful marriage cannot be far from cultural and ethnic influences, and culture is one of the best factors. Affects the processes and consequences of marital relationships. For this reason, in premarital counseling, serious attention is paid to the underlying factors.

The third most important risk factor for long-term marriage is personal, personality and moral issues. Factors such as depression, stinginess, pessimism, obsession, resentment, incompatibility, substance abuse and cyberspace addiction can disrupt couples and push them to the brink of

collapse. This issue is also supported by the psychodynamic approach and is in line with the research of Zareean (10) Moghadamzadeh (25) Lashri (26). According to one of the principles of psychodynamics in marriage, the principle of individual levels of nervousness (impulsivity, emotional instability Irritability, psychological pathology, cowardice, low social adjustment (spouses) that can directly affect the couple's adjustment. (27)

The fourth factor influencing the instability of marriage was lack of intellectual competence or intellectual maturity. Rational adequacy when choosing is a strong predictor of marital stability. The findings of this study were consistent with the research of Larson (28) Moghadamzadeh (25) Gholizadeh Azaroumkaran (29). The most important theory that supports this factor is the theory of choice of William Glasser. According to Glasser, we are the ones who can make our choices and take responsibility for our behavior. Components that have been selected in this study as signs of intellectual immaturity and logical adequacy include lack of decision-making skills, inappropriate purpose and motivation, mere affection and mania, marriage in adolescence, marriage under family pressure, marriage without interest formation and Dissatisfaction with the appearance and appearance of the other party and finally the belief in a change of spouse after marriage. Also in religious teachings, paying attention to the wisdom of the other party is considered a valuable issue and the marriage of wise people promises to form a healthy family and consequently transfer the characteristics of the parties through inheritance and education to the child (31).

The fifth very important factor was sexual and marital issues. Sexual needs are one of the basic and physiological needs of every individual that can be legitimately and meaningfully satisfied in the context of marriage. Basically, the stability and success of a couple's relationship does not happen without sexual shyness, because not meeting this basic need and even its incomplete satisfaction can impose a lot of psychological and physical stress on the parties and endanger one's health and in career advancement, ability and disrupt a person's creativity. It is also important to note that according to Train and his colleagues (32), sexual satisfaction cannot be considered as mere satisfaction with sexual activity in the form of marital relationships, but also emotional and emotional satisfaction along with sexual activity constitute sexual satisfaction. Low sexual attraction and sexual intercourse with spouse and non-spouse before marriage and general lack of sexual literacy was one of the most important risk factors for couples in this study. Ahmadi (33) and Shirdel (34) point out that failure to meet marital expectations, dissatisfaction with marital and emotional relationships, and in some cases sexual diversity and revenge for infidelity, increase the likelihood of engaging in an extramarital affair. The transition to reducing the problems caused by the lack of sexual literacy in public education and change in the three areas of knowledge, attitude and behavior of individuals. Poor research (35) has confirmed the effectiveness of this training in these three areas.

Financial and livelihood problems are the sixth most important factor in the stability of a marriage. For this reason, components such as insufficient income, lack of jobs and high working hours have been considered as a risky component of the couple's relationship in this study. Many studies have

focused on financial management, financial adjustment and agreement on family economic and monetary goals, and the inconsistency of couples' attitudes toward these categories has been considered effective in the occurrence of marital disorders. Ingram (37) Azadi (38) Akhavi Samarin (8) Kiani and Mamdadi (39) mentioned. Explaining the importance of financial and employment issues in the stability of marriage, it can be said that unemployment of married young people increases the likelihood of divorce. Unemployed men are less supported by their wives, have more arguments and less family cohesion. Many couples have to work long hours to get rid of economic problems and get a decent standard of living, or the woman has to work just to help support the family economy. Obviously, this has consequences, including the fact that they spend less time together and spend less time and energy with each other. Due to the work pressure of time together, they do not have the desired quality and eventually the level of peace and psychological well-being of the family decreases. Of course, factors such as contentment and luxury can each reduce or increase the harmful effects of economic problems (40)

The seventh risk factor for marriage was lack of effective communication skills. Relationships allow couples to discuss and exchange ideas and become aware of each other's needs (41). Components such as lack of cooperation and participation spirit, being influenced by others, not having a plan for leisure, lack of empathy skills, inability to resolve conflict, humiliation, pride in material possessions against spouse, physical conflict and domestic violence and establishing relationships with friends and Relatives and the use of the word divorce in disputes in this study as a threat to the relationship in couples. This issue is in line with the results of research conducted by Akhavi Samarin (8) and Karayi (42). In further explanation of this factor, it can be said that communication is the most important concept and approach of Satyr. Stirr (43) believes that communication is the cornerstone of happiness and self-realization and is the most important determinant of interpersonal behaviors. Stirr believes that couples 'turmoil is caused by unhealthy relationships (indirect, vague and imperfect) that reduce people's self-esteem and worth. On the other hand, the breakdown of couples' relationships is the most common manifestation of severe conflict. Evidence shows that about half of all marriages today end in divorce. About 65% of women and 70% of men are likely to remarry after divorce, and about 50% of people who remarry (44). Be able to train and prevent the harmful effects of conflict. If couples know that conflict and problems in a relationship are normal and have both functions and positive aspects, and that we need conflict to learn how to get to know and understand our spouse better and keep our friendship alive over time. They no longer fight to eliminate their conflicts, but seek to manage them. (45)

The eighth and last effective factor in the stability of marriage is the issue of childbearing and child rearing. In the family system, after marital responsibility, parental responsibility is the most important element of the family. Islam also emphasizes all aspects of the development of children and in this regard, with an emphasis on the emotional parent-child relationship, has provided advice. Compassionate conversation with children, kissing and hugging according to age (physical intimacy), respect for them, establishing equality in expressing emotions and avoiding anger, etc. are among these recommendations (46). In his theory of social learning, Bandura (47) deals with

the effect of family functioning on the quality of children's health and even on the stability of their marriage. In this theory, individuals acquire new patterns of behavior by observing the behavior of others and modeling the observed behavior. Children's response to stressful interpersonal situations stems from observing parental interaction patterns, and they learn how to deal with crises and pressures from their parents. Another finding of this study was the role of childbearing and agreement on its number in family strength. The results of kindness findings (48) showed that this issue is entirely due to cultural and economic factors and attitudes of couples. According to the findings of this researcher, the existence of a child makes couples more interdependent and increases their sense of self-sacrifice. Also, having more children puts the family in a better position in terms of optimality. Also, the results of Kapinos and Johnson (49) studies showed that having children reduces the probability of women being divorced and divorce is more common among couples without children. Is. The negative relationship between the number of children and the risk of divorce has also been confirmed in studies conducted in other countries (50)

#### **Research Limitations:**

One of the limitations of this study was the available sampling method. Therefore, caution should be exercised in generalizing these results. It was also the ignorance of different subcultures and cultural, social and economic considerations of the participants that this issue can also affect the results of the research. Also, a large number of questionnaire items can increase the likelihood of fatigue and, consequently, the occurrence of volunteers' self-report errors, and this can also be considered as a limitation.

#### **Research application:**

Findings of this study can be used in the development of educational packages and knowledge-building workshops for young couples and couples. It can also be a good source for marriage and family professionals to enrich premarital counseling and develop a suitable protocol in this area.

#### **Ethical considerations:**

One of the basic principles in research activities and support services is informed satisfaction and reassurance to individuals in maintaining the confidentiality of confidentiality. The research is used and reserved by the researcher. Also, in order to encourage participants to participate more, it was said that if they wish, they can be informed of the result of their marital satisfaction test, which was also fulfilled by the researcher.

#### **Conflict of interest:**

The authors hereby declare that this work is the result of an independent study and has no conflict of interest with other organizations and individuals.



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